

Master of Science in Sport, Exercise, and Performance Psychology

(This degree elevation was approved by the Board of Regents on 12/7/22. The original degree options were:

MS in Kinesiology, Option in Sport and Exercise Psychology

MA in Kinesiology, Option in Coaching and Student-Athlete Development (designation change to M approved)

Master of Science in Sport, Exercise, and Performance Psychology

Sport, Exercise, and Performance Psychology is a field broadly addressing a) the use of psychological principles to help improve desired outcomes for athletes, coaches, exercisers, and other professionals in sport, exercise, and performance settings, and b) the mental health outcomes of participation in sport and physical activity. The Sport, Exercise, and Performance Psychology Master of Science program is designed to prepare students for careers in sport and exercise psychology, in particular as performance enhancement specialists, coaches, and/or as researchers and teachers in academic settings. The Sport, Exercise, and Performance Psychology Master of Science program consists of 36 units. Students are required to take core classes, elective courses, and quantitative and qualitative analysis. Students in this program gain the skills and experience needed to work with athletes, coaches, and exercisers through coursework and supervised applied experiences.

Under the Master of Science degree, students have the choice of three options: 1) Sport Psychology, 2) Exercise Psychology, and 3) Coaching. Each option offers specialized coursework, applied opportunities, and/or research opportunities within each field.

The Sport Psychology option includes coursework for students who wish to become applied consultants

Admission requirements:

A bachelor's degree from an accredited institution with a major in Kinesiology, Physical Education,

